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ABSTRACT

The 2-part student workbook for mainstreamed learning and mentally disabled high school students contains 12 units intended to provide supplementary instruction in the Contemporary Parenting Choices Curriculum in the home economics class. This unit, the fifth in the Relationships part of the workbook, focuses on understanding marriage and includes individual lessons on things a couple should talk about before marriage, factors which contribute to a healthy marriage, and responsibilities in marriage. Each lesson typically provides lesson objectives, definitions of key vocabulary terms, workbook activities, a brief discussion of the topic, and a review activity. The material is intended to be used with the special Teachers Guide and the other components of the Contemporary Parenting Choices Curriculum. (DB)

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ED 277 181

Parent Education Workbook for Mainstreamed Students

PART I / RELATIONSHIPS

UNIT 5

contemporary parenting choices lessons

understanding marriage

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International Standard Book Number 0-8138-2504-0

Lesson 1

WHAT ARE THINGS A COUPLE SHOULD TALK ABOUT BEFORE MARRIAGE?

This lesson will help you to:

1. List things a couple should discuss before getting married.

DO YOU KNOW THESE WORDS?

---

commitment - promise
engagement - period of time before a couple marries after they have made a decision to marry
in-laws - parents of a person's husband or wife
realistic - accepting things the way they are
roles - ways for people to act
spouse - husband or wife

****

ACTIVITY

Use each of the words above in a sentence. Write your sentences on the lines below.

commitment _____

_____

engagement _____

_____

in-laws _____

_____

realistic _____

_____

roles _____

_____

spouse _____

_____

****

WHAT IS THE PURPOSE OF AN ENGAGEMENT?

The kind of marriage you will have will depend a lot on you. It is important to know about yourself and the person you plan to marry. Then you will have a better chance to enjoy a lasting and happy marriage.

An engagement is a way for a couple to tell others they plan to marry. The engagement is a time for the couple to make plans for their wedding. It is also a time for them to make plans for their marriage. A wedding lasts only a day, but a marriage lasts for years. A couple can make their marriage better by planning for it before they marry.

The engagement gives the couple a chance to test their relationship. They will learn to know each other better. They can work out problems. As they look ahead to their marriage they will have many important things to talk about. It is not enough for them to talk about how much they love each other. It is not enough for them to talk about how happy they will be. They need to talk about some of the important problems they may face in their marriage. Talking things over now can help them avoid problems later.

WHAT THINGS SHOULD A COUPLE TALK ABOUT BEFORE THEY MARRY?

Careers

A couple needs to look at their career goals before they marry. Their

marriage and family life will be affected by the careers they choose. Combining a career with being a spouse can sometimes be hard. Many jobs put pressure on the person doing them. The strain of a job may also strain a marriage.

A couple needs to talk about whether one or both of them will have a job. They need to know how much money they will need to support their family. If both want to work, they need to accept each other's decision. They need to think about how their careers will affect the way they run their home. They need to think about how much time they will have to spend together.

It is good to know how your career might affect your marriage before you marry. Then you will know what changes you might have to make to make your marriage better.

****

ACTIVITY

Every job or career affects family life and marriage. Beside each of these jobs, write one way it might affect a marriage.

Job	How It Might Affect a Marriage
1. A truck driver on the road 5 days a week	_____
	_____
2. A nurse who works at night	_____
	_____
3. A firefighter	_____
	_____

****

Parenthood

Before marriage is the time for a couple to share their feelings about parenthood. Many married couples have children. Others may decide not to. It is a choice the couple needs to make together. They should find out how each other feels about children before they marry. These are some questions they need to talk about:

---

*Do you both like children?
*Do you both want full time careers?
*How do you feel about adopting a child if you can't have your own?
*What kind of birth control is best for you?

Decision Making

Marriage brings with it a commitment to make the relationship last. It also brings the responsibility for making many decisions. Many of these choices are new ones. The decisions now need to be made as a couple. They need to make decisions about the role friends will play in their marriage. They need to make decisions about money and where they will live. There are decisions to be made about the relationship they will have with their in-laws.

Each person's decision making skills are tested during the engagement. The couple needs to develop new skills in making decisions together. The decisions a couple makes should be realistic. They need to look at what they can do. They need to know what they cannot do. The decisions they make should show that they know and accept their limits. They should expect to have to face disappointments once in a while.

****

ACTIVITY

Read about Mike and Mary.

Mike and Mary are engaged. They plan to be married in June. Mike's parents like Mary very much. Mary's parents are not sure if Mary is old enough to choose a good husband.

Mike has always wanted to live on a farm. Mary hopes to live in the city near her parents. She wants to go to church with them each Sunday. Then they can all go out to eat. Mike likes to sleep late on Sunday morning. He thinks eating out costs too much.

Mike wants to start a family right away. He wants lots of children. Mary wants to work for a few years before she has a baby. She would like to have one or two children. Mary has a good job in a bank. Mike would like her to quit her job when they marry.

What are 3 things Mike and Mary need to talk about before they get married?

1. _____

2. _____

3. _____

****

Roles in Marriage

A couple takes on the roles of husband and wife when they marry. They each need to know what these roles mean. They may mean different things to each person. They may expect different things from each other's role. A couple needs to talk about what their roles will be in their

marriage. They need to agree on what their roles will be. Talking about these roles before marriage can avoid many problems.

In some families the wife's role is to be in charge of the housekeeping and child care. The husband's role is to earn the family's income. In other families both husband and wife earn the income. They both share housekeeping tasks and child care.

Marriage roles often change during the marriage. Things happen that affect the family or couple. Roles may change when children are born or grow up. The couple may need to change their roles to adjust to the changes in their lives.

****

ACTIVITY

How do you feel about roles in marriage? If you were to marry, which of the following would be part of the wife's role? Which would be part of the husband's role? Which would they share? In each blank, put a W if you think it is part of the wife's role. Put an H if it is part of the husband's role. Put an S if it would be shared.

_____ cooking

_____ working outside the home

_____ mowing the yard

_____ house cleaning

_____ grocery shopping

_____ washing the car

_____ changing diapers

_____ paying bills

_____ laundry

_____ gardening

****

KEY IDEAS

AN ENGAGEMENT GIVES A COUPLE TIME TO TALK OVER IMPORTANT THINGS ABOUT THEIR MARRIAGE.

A COUPLE NEEDS TO TALK ABOUT CAREER GOALS AND FEELINGS ABOUT PARENTHOOD BEFORE THEY MARRY.

AN ENGAGED COUPLE NEEDS TO LEARN TO MAKE REALISTIC DECISIONS TOGETHER.

A COUPLE NEEDS TO SHARE WHAT THEY EACH EXPECT THE ROLES OF HUSBAND AND WIFE TO BE IN THEIR MARRIAGE.

****

REVIEW ACTIVITY

Read each sentence. Circle T if the sentence is true. Circle F if it is false.

T F 1. A couple should talk over feelings about parenthood after they get married.

T F 2. An engaged couple needs to talk about career goals because their careers will affect their marriage and family life.

T F 3. Because they will need to make new decisions after they marry, an engaged couple should each make decisions without asking the other.

T F 4. The roles of husband and wife mean different things to each person.

T F 5. A couple should talk over feelings about parenthood while they are engaged.

T F 6. An engaged couple needs to talk about career goals because men need to earn enough money to support their families.

T F 7. The roles of husband and wife are the same in every marriage.

T F 8. Because they will need to make new decisions after they marry, an engaged couple should develop skills in making realistic decisions together.

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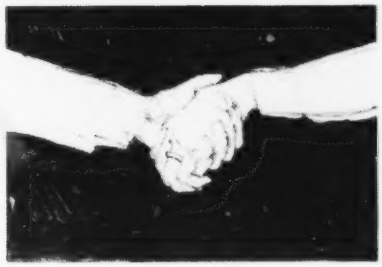

Lesson 2

WHAT FACTORS CONTRIBUTE TO A HEALTHY MARRIAGE?

This lesson will help you to:

1. Identify skills and traits that are important in a marriage.

DO YOU KNOW THESE WORDS?

---

allowance - spending money given to children
budgeting - deciding how to spend your income
communication - exchanging feelings and ideas
home management - running a home
independence - being able to be on your own
job skills - being able to get and keep a job
love - caring deeply about someone
money management - handling money
partners - two people who work together
spouse - husband or wife
traits - special qualities of a person

****

ACTIVITY

Use each of the words above in a sentence. Write your sentences on the lines below.

allowance _____

_____

budgeting _____

_____

communication _____

_____

home management _____

_____

independence _____

_____

job skills _____

_____

love _____

_____

money management _____

_____

partners _____

_____

spouse _____

_____

traits _____

****

WHAT THINGS ARE IMPORTANT IN MAKING A GOOD MARRIAGE?

When a couple marries they want to stay married. Sometimes it is easier to get married than to stay married. Almost every marriage has some problems. Many couples get divorced because they don't work to make their marriage a good one. If a couple wants to stay married, they will try to fight their problems instead of each other. People who marry because they love each other will work to have a good marriage.

LOVE

Love is very important in marriage. A marriage based on love has a good chance to last. When you love someone, their happiness and feelings are as important as your own. You try hard to make your marriage a good one. There are also other things that are important in making a marriage work.

INDEPENDENCE

Two people work together in a marriage. They both need to know who they are. They need to know what they can do for the marriage. They must accept themselves if they are to be happy in their marriage.

The man must be a person who can get along on his own. He must be responsible for himself and work for his own needs and goals. Then he can give his best to a marriage. The woman must be a person who can get along on her own. She must be responsible for herself and work for her own needs and goals. Then she can give her best to the marriage.

COMMUNICATION

Communication is a skill that is needed for a good marriage. A marriage cannot be a success without good communication. Good communication in a marriage means that both husband and wife work at trying to understand each other. They must be able to let each other know how they feel. They need to talk about things that are going well. They need to

talk about how their marriage can be improved. They need to talk about things that make them happy. They need to let each other know about what bothers them.

A husband and wife must try to see things from each other's point of view. They must try to understand each other's feelings, emotions and actions. For example, if one comes home and slams the door, the other should know something is wrong. They need to talk over the problem to avoid hurt feelings.

A couple may communicate both with words and without words. Talking and listening help communicate feelings and ideas. Talking is much better than silence in helping to settle arguments. Talking helps a couple plan together and understand each other. It helps build a strong marriage that will last.

Communicating without words includes hugging, kissing and touching. It also includes looks and other actions. Communication without words may be harder to understand than communication with words. A couple needs to try to understand each other when they communicate without words.

****

ACTIVITY

What are some ways a couple can communicate without words? What might this kind of communication mean to a spouse? Write your answer below.

Ways to communicate	What it means to a spouse
1. _____	_____
2. _____	_____
3. _____	_____

****

Sometimes communication between a married couple may be blocked. This can happen in several ways. This might happen if a husband or wife:

---

*is afraid to tell the other something that might hurt their feelings
*tells someone else what is wrong instead of telling their spouse
*complains about one thing when something else really is the problem
*doesn't understand the other's communication without words

A block in communication for a short time in a marriage might not be serious. It can break up a marriage if it goes on for a long time. The partners must try hard to communicate with one another to keep their marriage strong.

****

ACTIVITY

Why is good communication needed in a marriage? List three ways good communication can help a marriage last.

1. _____

2. _____

3. _____

****

JOB SKILLS

When a couple marries, one or both of the partners must be able to support the family. They need skills that will help them get and keep a job. The job will provide an income to support the family. A marriage is more lasting and happy when the family has a steady income.

HOME MANAGEMENT

Home management is a skill that can help build a lasting marriage. A well run home makes the family feel better. Good home management can help every member of the family by meeting their needs.

Home management is more than just keeping house. It means planning and doing all of the jobs needed to run the home. One part of home management is to plan a good diet for the family. Another part is to arrange for repairs when something in the home breaks down.

Management means using the family's time, money or energy to meet the needs of family members. Management calls for making many important choices. It calls for responsibilities in all areas of the family's life. Home managers need to be able to handle emergencies. They need to make choices about medical care and spending money.

Both partners in a marriage need to agree on how to manage their home. They may divide the responsibilities and tasks. They may share them. Responsibilities outside the home or job demands may affect the way tasks are shared. Decisions about home management should be made by the couple early in the marriage. This will help prevent problems later. These decisions may need to be looked at from time to time. Some changes may need to be made.

****

ACTIVITY

Read about Joe and Cindy.

When Joe and Cindy were first married, they divided the housekeeping tasks. Joe did the laundry and cooking. Cindy did the cleaning. She did the grocery shopping on her way home from work. When Joe got a different job he didn't have as much time to help at home. One morning he didn't have any clean shirts to wear. He and Cindy had an argument. Joe thought that Cindy should have done the laundry. Cindy said that it was Joe's responsibility to do the laundry.

Who do you think was right?

_____

Why?

_____

_____

How could this problem have been avoided?

_____

_____

****

MONEY MANAGEMENT

Money can often cause problems in a marriage. That is why money management skills are so important in helping a marriage last. Few families have enough money to buy all they want. Most money problems are not caused by lack of money. They are caused by problems in managing money. Families need to agree on how to manage their money. This is important to help prevent problems in a marriage.

The way people manage money is affected by their values. Goals, family background and training in the use of money also affect how it is managed. If you were given an allowance when you were young, you have had some practice managing money. Some young couples feel that they don't have enough money to bother managing it. When money is limited it is even more important to manage it carefully.

Good money management is important. It helps a family use its income to provide important things for the family now and in the future. Money management skills include:

---

*careful budgeting
*keeping good records of how money is spent
*making choices about how money should be spent
*making sure bills are paid on time
*understanding different kinds of insurance
*using credit

Many problems in marriage can be avoided if the couple understands each other's feelings about money. They must agree on how to manage the family income to avoid problems.

****

ACTIVITY

Give a reason why you think each of these skills or traits is important in a marriage.

Love _____

_____

Independence _____

_____

Communication skills _____

_____

Job skills _____

_____

Home management skills _____

_____

Money management skills _____

_____

****

KEY IDEAS

IMPORTANT SKILLS AND TRAITS IN HELPING A MARRIAGE LAST ARE:

LOVE
INDEPENDENCE
COMMUNICATION
JOB SKILLS
HOME MANAGEMENT
MONEY MANAGEMENT

****

REVIEW ACTIVITY

Read each sentence. Circle the T if the sentence is true. Circle the F if it is false.

T F 1. A marriage cannot succeed without good communication.
T F 2. Most money problems in families are caused by not managing money.
T F 3. A marriage has a good chance to last if it is based on love.
T F 4. A marriage cannot succeed without good jobs.
T F 5. Most money problems in families are caused by having too much money.
T F 6. Home management helps build a lasting marriage by dividing all tasks equally between husband and wife.
T F 7. A marriage has a good chance to last if it is based on fear.
T F 8. Home management helps build a lasting marriage by helping meet the needs of the family members.

****

Lesson 3

WHAT ARE RESPONSIBILITIES IN MARRIAGE?

This lesson will help you to:

1. List a couple's responsibilities in marriage.

DO YOU KNOW THESE WORDS?

---

budget - a plan for using money
commitment - promise
contract - legal agreement
financial - having to do with money
goals - something you want to do now and in the future
legal - based on the law
realistic - accepting things the way they are
responsibilities - things people must do

****

ACTIVITY

Use each of the words above in a sentence. Write your sentences on the lines below.

budget _____

_____

commitment _____

_____

contract _____

_____

financial _____

_____

goals _____

_____

legal _____

_____

realistic _____

_____

responsibilities _____

_____

****

WHAT ARE EACH PERSON'S RESPONSIBILITIES IN MARRIAGE?

Marriage brings with it new responsibilities. Each person has responsibilities in a marriage. A man and woman make a commitment when they marry. They make a commitment to each other. Both are responsible to do their part to make the marriage work.

The married couple also has new responsibilities to meet together. Many things the couple once did alone are now done together. Now when the husband does something he needs to think about how it will affect his wife. When the wife does something she needs to think about its effect on her husband. They each need to think about their spouse as well as themselves.

WHAT ARE A COUPLE'S RESPONSIBILITIES IN MARRIAGE?

A couple has many responsibilities in marriage. Some of the most important responsibilities they have as a couple are:

---

*decision making responsibilities
*legal responsibilities
*financial responsibilities

Decision making is an important part of marriage. A couple faces many decisions during their married life. Many of the decisions they make will affect the rest of their lives.

A married couple needs to decide what kind of life they want together. They need to set goals together. Each of their values will affect their goals and the decisions they make. The couple needs to make a decision about where to live. They need to decide how they will support themselves. They need to make a decision about parenthood. They need to decide what each of their roles are in the marriage.

Both need to have decision making skills. They made decisions alone before they were married. They still need to make some decisions alone. As a married couple they need to make some decisions together. The decisions they make can affect both of them. Making decisions together will help their marriage. A couple needs to share decision making responsibilities. They need to agree on the decisions they make.

****

ACTIVITY

Here are some decisions married couples often make. Read each one. Put a check (✓) beside the decisions you think couples need to make together.

_____ buying a new car
_____ wearing a blue shirt or a green shirt
_____ having children
_____ moving to a new home
_____ eating a peanut butter sandwich or a ham sandwich for lunch
_____ buying a full sized bed or a queen sized bed
_____ having one or both of the couple work outside the home

Look at the decisions you checked. Choose 1 of them. What might happen if the couple does not make this decision together? Write your answer here.

_____

_____

_____

_____

****

Marriage has legal responsibilities. Marriage is a commitment a couple makes. Marriage is also a legal contract. A couple signs a marriage license when they get married. This makes their marriage legal. The couple has made a legal contract with each other. This contract is recognized by state law.

A legal marriage contract means that the couple agrees to live as husband and wife. They agree to meet the responsibilities of marriage. They agree to be responsible for each other as a married couple.

Financial responsibilities are important in marriage. A part of financial responsibilities is using money to help the couple meet their goals. Their goals are what they want and need both now and in the future. They need to plan for their present and future needs and wants as they set their goals.

Another part of a couple's financial responsibility is to earn money to support themselves. A couple is also responsible for how they spend the money they earn. They need to keep records, plan carefully and make a budget. This can help them meet their financial responsibilities.

Early in marriage a couple may have no idea of their spending needs. They need to keep records and then set up a budget. They need to be realistic about setting their goals. They need to agree on goals for their marriage.

****

ACTIVITY

Read about Rick and Jody.

Rick and Jody are a young married couple. Jody wants them to own a home someday. Rick thinks their apartment is pretty nice. Rick and Jody both agreed to save part of their salary each month. The savings would help them buy a house.

Jody always put her savings in the bank on pay day. Rick often stopped to shop on his way home from work. One month he bought a set of golf clubs. Another time he bought a stereo system for his car. Once he bought a suit and some new shoes. He never seemed to have enough money left over to save after he paid the bills.

What do you think Rick and Jody need to do? Check the things you think they should do.

_____ agree on their goal of owning a home
_____ use their money to help them meet their goal
_____ plan for their future wants and needs
_____ keep spending records
_____ set up a budget

****

KEY IDEAS

A MARRIED COUPLE NEEDS TO SHARE DECISION MAKING RESPONSIBILITIES.

MARRIAGE IS A LEGAL CONTRACT WITH LEGAL RESPONSIBILITIES.

FINANCIAL RESPONSIBILITIES CAN HELP A COUPLE MEET THEIR GOALS IN MARRIAGE.

****

REVIEW ACTIVITY

Read each sentence. Circle T if the sentence is true. Circle F if it is false.

T F 1. An important thing for a married couple to share is decision making responsibilities.

T F 2. An important decision for a married couple to make together is what kind of soap to use.

T F 3. A legal responsibility of marriage is having children.

T F 4. A couple can better achieve their financial goals in marriage by making and using a budget.

T F 5. An important thing for a married couple to share is the same friends.

T F 6. An important decision for a married couple to make together is whether to buy a house.

T F 7. A legal responsibility of marriage is living together as husband and wife.

T F 8. A couple can better achieve their financial goals in marriage by spending all their money every payday.

****

SEE YOUR TEACHER FOR THE UNIT TEST.

Parent Education Workbook for Mainstreamed Students

The fourth module in the Contemporary Parenting Choices Series from the Iowa State University Press, *Parent Education Workbook for Mainstreamed Students*, is designed to present parenthood education information to mentally and/or learning disabled students in high school home economics classes.

It contains 12 units, each in a work/text format that offers lessons and lesson objectives, vocabulary, appropriate reading materials, suggested evaluation items for use with each, and an annotated bibliography of supplementary materials.

They provide instruction in 12 major topic areas: self-awareness, relationships, sexuality, living situations, marriage, the decision to parent, pregnancy, growth and development of children, parenting skills, adolescence, the work world, and child care job skills.

A teachers manual explains the development of each of these major topic areas, details characteristics of mentally and learning disabled students, and provides methods and strategies for working with these students.

Parent Education Workbook for Mainstreamed Students was developed by members of the Iowa State University Department of Home Economics Education under the direction of Jerelyn Schultz and the auspices of the Iowa Department of Public Instruction.

THE DECISION TO PARENT: A TEACHING GUIDE, the first in a series of modules devoted to contemporary parenting, is directed toward teachers and counselors of teenagers to make them aware of the parenting choices available to them and to prevent unwanted pregnancies.

After completing the study outlined in this first module the student should be able to appraise the variety of responsibilities involved in being a parent and utilize the decision-making process in determining if and when to become a parent.

It implements Public Law #94-492 (1976) that requires the teaching of family living, parenting skills, and child development and guidance in vocational home economics programs.

It is edited by Jerelyn Schultz, assisted by Penny Ralston, Barbara Rougvie, and Margaret Jan Kelly, all of the Iowa State University Department of Home Economics Education. (1980. ISBN 0-8138-1595-9. Paper, comb binding.)

SEXUALITY AND THE ADOLESCENT: A TEACHING GUIDE, the second in the series, is designed for use by teachers, counselors, and others who work with adolescents in the area of sexuality education.

It focuses on the effect of adolescent growth and development on teenagers' self-concepts, the influence of interpersonal relationships within and outside the home on sexual attitudes and behavior during adolescence, and the stages of pregnancy and the decisions to be considered in each.

A broad, sensitive approach to sexuality education, this module addresses feelings, values, experiences, relationships, and how the individual views himself or herself as male or female. Additional topics include the traditional sexuality education concepts such as human physiology and birth control.

Editor Jerelyn Schultz was assisted by Penny Ralston, Barbara Rougvie, Margaret Torrie, and Jillian Boyd, all of the Iowa State University Department of Home Economics Education. (1981. ISBN 0-8138-1616-5. Paper, comb binding.)

PARENTING TODAY: A TEACHING GUIDE, the third module in a series on contemporary parenting, is designed to help teachers assist adolescent youth to become more knowledgeable about what is involved in parenting children.

Six major areas where skills are identified and emphasized are: (1) fostering children's maturation through knowledge of child growth and development; (2) providing an environment that encourages growth and development; (3) maintaining effective parent-child communication; (4) guiding the behavior of developing children; (5) showing parental love and affection to children; and (6) managing available human and material resources.

Parenting Today: A Teaching Guide was developed under the direction of Jerelyn Schultz, assisted by Margaret Torrie, Barbara Rougvie, Jillian Boyd, and Maxine Hammonds of the Iowa State University Department of Home Economics Education, with the cooperation of the Iowa State Department of Public Instruction. (1984. ISBN 0-8138-0358-6. Paper, comb binding.)

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